



El bienestar a través del ayurveda (ILUSTRADOS INTEGRAL) (Spanish Edition)

Kiran Vyas

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Alimentos, masajes, yoga y meditaciones para sentirse mejor

El ayurveda es una práctica india que surge de los conocimientos de los vedas y que, más que una medicina, es una filosofía y un arte de vivir. Considera al hombre en su globalidad y cree que el ser humano no es solo un cuerpo físico, sino ante todo un ser que vibra de sentimientos, de pasión y de creatividad. Las prácticas y los consejos de salud que se exponen en este libro se abordan a través del filtro particular de las curas ayurvédicas: masajes acompañados por una alimentación adaptada, unas prácticas físicas y respiratorias, el contacto con la naturaleza, el reposo y el relax. *El bienestar a través del ayurveda* es, pues, una completa enciclopedia de esta práctica milenaria al alcance de cualquier lector en la que descubrirá:

- Los conceptos básicos del ayurveda

La dietética (principios y recetas)

- Los masajes (ilustrados con fotografías paso a paso)

- Los cuidados diarios

- Los ejercicios físicos (con una sesión de yoga ilustrada con fotografías paso a paso).

Kiran Vyas

Fundador y director de los centros Tapovan y además es autor de numerosos libros sobre el ayurveda.

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